

		Classroom	Practical	Application	Assesment/Revision/Recall	**Practical lesson available			
Wk No	Sc Wk	Exam PE Year 10 (2025-26) Calendar - Theory						Assessment Opportunities	
		RAG	Lesson 1	Lesson 2	Lesson 3	Lesson 4	Lesson 5		
1	1		Recall from Y9 COF, MOT, SPORT, FITT			Recall from Y9 COF, MOT, SPORT, FITT		Exit 1	
2	2							\$410	
3	1							Exit 2	
4	2		Recall from Y9 COF, MOT, SPORT, FITT			Recall from Y9 COF, MOT, SPORT, FITT		\$410	
5	1		Calculating Intensities **	Preventing Injury **	Practical	Warming up and cooling down	Altitude Training	Exit 3	
6	2							\$410	
7	1		EUA Revision	EUA Revision	Practical	EUA Revision	EUA	Exit 4	
8	2							\$410	
October half term									
9	1		Data Qualitative and Quantitative	Presenting data	Practical	Analyses and evaluation of Data	DIRT	EXIT 5	
10	2							\$410	
11	1		Classification of skill	Types of Goals**	Practical	SMART	Information Processing**	Exit 6	
12	2							\$410	
13	1		Guidance and Feedback**		Practical	Arousal	Managing Arousal	Exit 7	
14	2							\$410	
15	1		Aggression	Personality	Practical			Exit 8	
CHRISTMAS									
16	2					EUA Revision		EUA	\$410
17	1					Motivation**		Identify	Practical
18	2								\$410
19	1		Evaluate	Analyse	Practical	Justify	Engagement Patterns		Exit 10
20	2								\$410
21	1		Commericalisation	Sponsorship	Practical				Exit 11
FEB Half term									
22	2					Technology		Hooliganism	\$410
23	1					Advantages and Disadvantages of PEDs on performer and sport		Conduct of performers	9 Markers
24	2		\$410						
25	1		Revision and Recall of COF, MOT and Principles of training						
26	2								
27	1								
28	2		Introduction to Performance analysis						Exit 13
									\$410
EASTER									
29	1		NEA - Section A Introduction	NEA - Section A Fitness Strength	NEA - Section A Fitness Weakness	NEA - Section A Skill Strength	NEA - Section A Skill Weakness		
30	2							Submission of Section A	
31	1		Section A Acting upon Feedback	NEA - Section B MOT Introduction	NEA - Section B Heart Rate and Intensities	NEA - Section B Warm up	NEA - Section B Main Session		
32	2							Feedback given	
MAY Half term									
33	1		NEA - Section B Principles of training	NEA - Section B Cool Down	NEA - Section B Acting upon Feedback	NEA - Section B Theory	NEA - Section B Theory		
34	2							Submission of MOT section B	
35	1		NEA Section B - Deadline for completion and submission						
36	2								Feedback given
37	1		Final Submission						
38	2		Practical Moderation (Netball, Handball, Climbing, TT, Football)						
39	1								
									Summer Learning - just the checkpoint on a no retakes - to see what students have retained

Resources

[7062 - Practical Theory of AQA GCSE PE Paper 1 v1.1.pdf](#)[Revision Topic tests](#)[Stimulating Scenarios](#)[Topics on a Page](#)[NEA SOL.docx](#)

Wk No	Sc Week	TEL Topic
1	1	Methods of Training 1 and 2 + Principles of training - 1 test
2	2	Training zones
3	1	Injury
4	2	Altitude training
5	1	Seasonal training
6	2	Warm up
7	1	Cool down
8	2	Checkpoint 7
October Half term		Recap test x1
9	1	Presenting Data
10	2	Evaluating data
11	1	Quantitive and qualitative data
12	2	Checkpoint 8
13	1	Skill and Ability
14	2	Classification of skill
15	1	Performance and Outcome Goals
Christmas break		Recap test x2
16	2	SMART
17	1	Basic information processing
18	2	Feedback
19	1	Guidance
20	2	Checkpoint 9
21	1	Arousal
February Half term		Recap test x1
22	2	Controlling arousal
23	1	Aggression
24	2	Personality
25	1	Motivation
26	2	Checkpoint 10
Easter break		Recap test x2
27	1	Engagement patterns
28	2	1 test - COF, MOT, Principles
29	1	NEA relatd homework where needed
30	2	
31	1	
32	2	
May Half term		Recap test x1
33	1	
34	2	

35	1	NEA relatd homework where needed
36	2	
37	1	
38	2	
39	1	
Summer Homewor k	2	Commercialistation
	1	Sponsorship
	2	The Media
	1	Impact of Texhnology
	2	Checkpoint 11
	1	30 mark random test